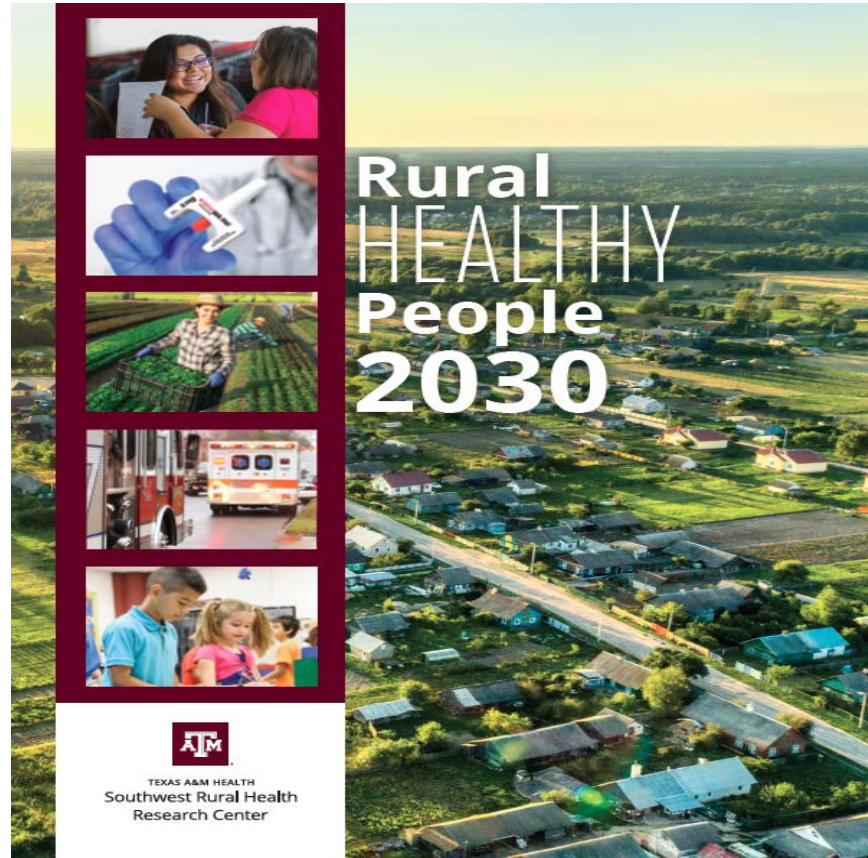


Rural Healthy People 2030: Charting a Course for Rural Health Over the Next Decade

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- Neither of the presenters have any conflicts of interest to disclose

What is Healthy People?

- Healthy People is an initiative led by HHS through the Office of Disease Prevention and Health Promotion
- Since 1980, Healthy People has set measurable objectives decade by decade to improve the health and well-being of the United States
- Basic idea: have experts in various health fields set goals for improvement over a given decade and then track progress
- Gives nation health goals to strive for and often results in health improvement
- Healthy People 2030 was launched in 2020 and is meant to guide us over the current decade

The Origins of **Rural Healthy People**

- Originally commissioned by the Office of Rural Health Policy (ORHP) in 2002
 - Impetus: Healthy People was not appropriately accounting for rural health
- Rural Healthy People 2010: A Companion to Healthy People
 - The first ever rural-health companion to Healthy People
 - Goal: ask rural health stakeholders which Healthy People 2010 goals were most critical to population health in rural America
 - Helped identify rural priorities within Healthy People to guide funding and attempts at progress

Rural Healthy People 2010: Top Rural Health Priorities

| Top 10 Priorities | |
|-------------------|--|
| Rank | Objective |
| 1 | Access to Quality Health Care |
| 2 | Heart Disease and Stroke |
| 2 | Diabetes |
| 4 | Mental Health and Mental Disorders |
| 5 | Oral Health |
| 6 | Tobacco Use |
| 6 | Substance Abuse |
| 6 | Education and Community-Based Programs |
| 6 | Maternal, Infant, and Child Health |
| 10 | Nutrition and Overweight Status |
| 10 | Cancer |
| 10 | Public Health Infrastructure |

| Priorities 11-15 | |
|------------------|-------------------------------------|
| Rank | Objective |
| 13 | Immunization and Infectious Disease |
| 13 | Injury and Violence Prevention |
| 15 | Family Planning |
| 15 | Environmental Health |

Note: Priority ranking based on average percentages Of four groups of state and local rural health leaders Choosing objectives as a priority. There were Virtual ties among some priorities.

Rural Healthy People 2020 Aims & Objectives

- Second iteration of Rural Healthy People
- Conduct a national survey of rural stakeholders to identify Healthy People objectives that are most critical to rural America
- Identify and catalogue what worked or had promise based on the evidence from the prior decade
- Disseminate this information to local, state, and federal policymakers
- Work with federal, state, and local agencies as well as other rural stakeholders to continue discussions on what to measure, how to measure it, and strategies for improving population health in rural America

Rural Healthy People 2020 Survey

- Survey originally fielded in December 2010
 - 755 respondents
- Survey fielded again in Spring 2012 preceded by:
 - Webinar on Rural Healthy People sponsored by the National Organization of State Offices of Rural Health (NOSORH)
 - Letters to select State Health Officers
- Resulted in a total of 1,214 respondents

Rural Healthy People 2020: Top 20 Rural Health Priorities

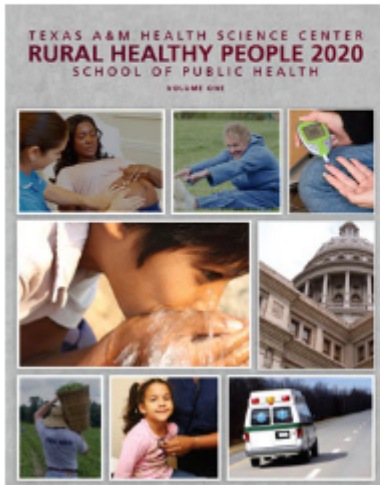
| Top 20 Priorities 10 Years Later | |
|----------------------------------|------------------------------------|
| Rank | Objective |
| 1 | Access to Quality Health Care |
| 2 | Nutrition & Weight Status |
| 2 | Diabetes |
| 4 | Mental Health and Mental Disorders |
| 5 | Substance Abuse |
| 6 | Heart Disease and Stroke |
| 7 | Physical Activity and Health |
| 8 | Older Adults |
| 9 | Tobacco Use |
| 10 | Cancer |

| Priorities 11 - 20 | |
|--------------------|--|
| Rank | Objective |
| 11 | Education and Community-Based Programs |
| 12 | Oral Health |
| 13 | Quality of Life and Well-Being |
| 14 | Immunizations and Infectious Disease |
| 15 | Public Health Infrastructure |
| 16 | Family Planning and Sexual Health |
| 17 | Injury and Violence Prevention |
| 18 | Social Determinants of Health |
| 19 | Health Communication & Health IT |
| 20 | Environmental Health |

Rural Healthy People 2020

Volume 1

Volume 1 includes chapters on rural health priorities 1-10:



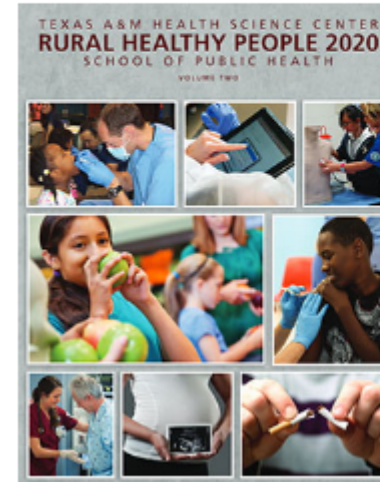
- Access to Quality Health Services
- Nutrition and Weight Status
- Diabetes
- Mental Health
- Substance Abuse
- Heart Disease and Stroke
- Physical Activity
- Older Adults
- Maternal and Child Health
- Tobacco Use

Volume 1 posted online in May, 2015

<https://srhrc.tamhsc.edu/rhp2020/rhp2020-v1-download.html>

Volume 2

Volume 2 includes chapters on rural health priorities 10-20:



- Cancer
- Health Education
- Oral Health
- Quality of Life
- Immunizations, Infectious Diseases
- Public Health Infrastructure
- Sexual Health and Family Planning
- Injury and Violence Prevention
- Social Determinants of Health
- Information Technology

Volume 2 posted online in November, 2015

<https://srhrc.tamhsc.edu/rhp2020/rhp2020-v2-download.html>

Healthy People 2030

- Launched by federal government in August 2020
- Fifth iteration of Healthy People
- Once again focused on national objectives to address nation's top public health priorities
- Focus on fewer objectives and higher data standards

Biggest Differences: Healthy People 2020 vs. Healthy People 2030

- While the number of HP objectives was reduced (including sub-objectives), the number of overall objectives (the focus of Rural Healthy People) was increased
- There are now 62 priorities to guide health promotion and disease prevention efforts
- For the first time, objectives grouped into 5 topics:
 - Health Conditions (e.g. Addiction, Diabetes, Obesity, Mental Health Conditions)
 - Health Behaviors (e.g. Sleep, Physical Activity, Vaccination, Injury Prevention)
 - Populations (e.g. Older Adults, People with Disabilities, Children, LGBT)
 - Settings and Systems (e.g. Schools, Transportation, Community, Hospitals and Emergency Services)
 - Social Determinants of Health (e.g. Economic Stability, Education Access, Neighborhood and Built Environment)

Why is Rural Healthy People Still Critical?

- The changes in Healthy People 2030 mean that we know very little about the importance of new objectives in rural America
- Research over past several years by Southwest Rural Health Research Center indicates that rural areas lag in achieving Healthy People objectives
 - Yaemsiri, S., Alfier, J. M., Moy, E., Rossen, L. M., Bastian, B., Bolin, J., ... & Heron, M. (2019). Healthy People 2020: rural areas lag in achieving targets for major causes of death. *Health Affairs*, 38(12), 2027-2031.
 - Callaghan, T., Ferdinand, A., Akinlotan, M., Primm, K., Lee, J., Bolin, J. (2020). Healthy People 2020 Progress for Leading Causes of Death in Rural and Urban America: A Chartbook. Policy Brief. Southwest Rural Health Research Center. Prepared for the Federal Office of Rural Health Policy. <https://srhrc.tamu.edu/publications/healthypeople-2020-progress-for-leading-causes-of-death-chartbook.pdf>

RURAL HEALTH

By Sirin Yaemsiri, Johanna M. Alfier, Ernest Moy, Lauren M. Rossen, Brigham Bastian, Jane Bolin, Alva O. Ferdinand, Timothy Callaghan, and Melonie Heron

DOI: 10.1377/hlthaff.2019.00915
HEALTH AFFAIRS 38,
NO. 12 (2019): 2027-2031
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The People-to-People Health
Foundation, Inc.

DATAWATCH

Healthy People 2020: Rural Areas Lag In Achieving Targets For Major Causes Of Death

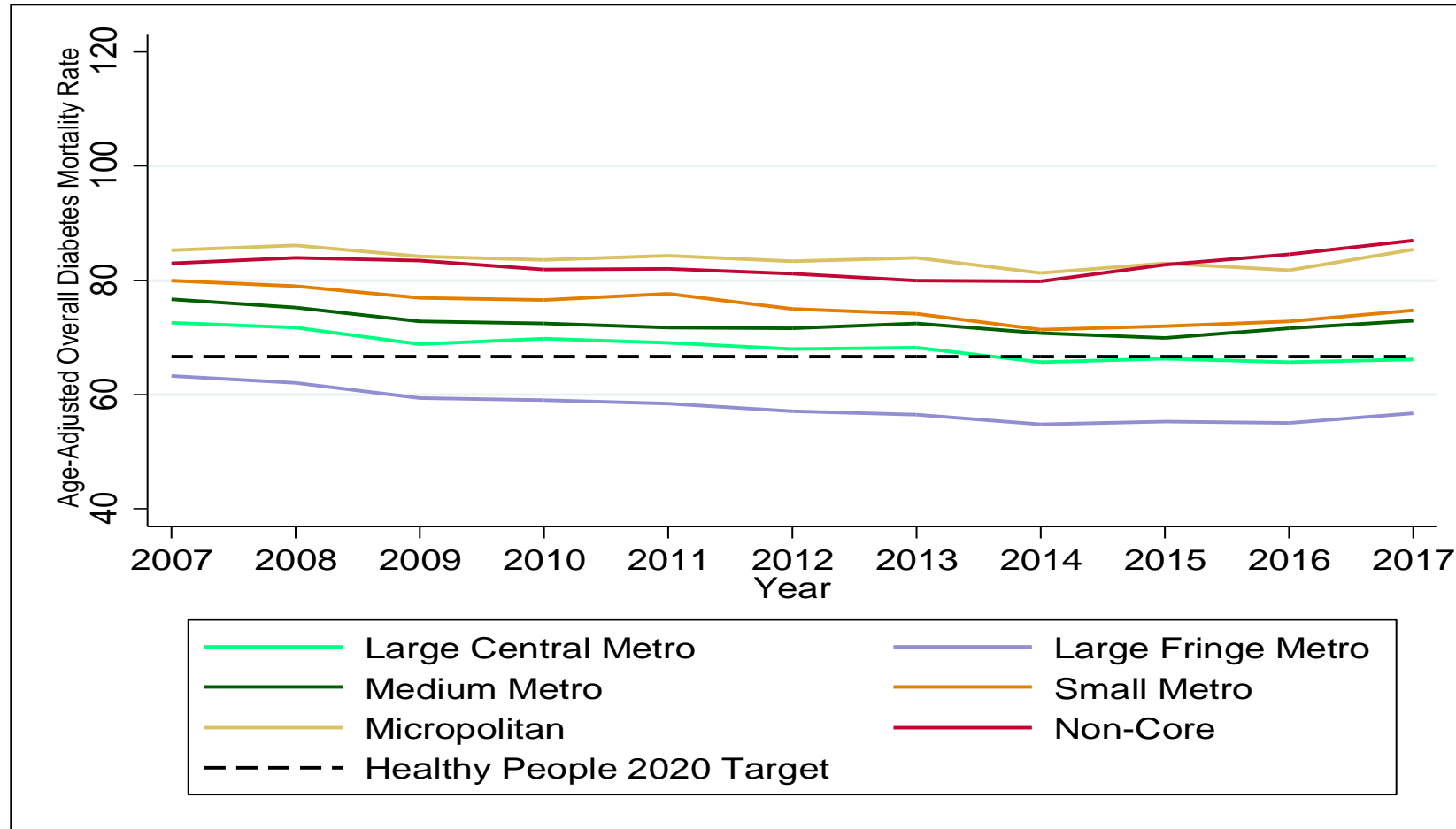
For the period 2007–17 rural death rates were higher than urban rates for the seven major causes of death analyzed, and disparities widened for five of the seven. In 2017 urban areas had met national targets for three of the seven causes, while rural areas had met none of the targets.

Rural America faces numerous public health challenges, including reduced access to health services, poor nutrition, uncontrolled diabetes, mental and substance use disorders, heart disease, and stroke.^{1–4} We evaluated rural and urban progress toward national targets for rates of the seven major causes of death tracked by Healthy People 2020 (exhibit 1). Healthy People 2020 is an initiative led by the Department of Health and Human Services that provides a national framework for setting and tracking public health priorities.⁵ The seven major causes of death tracked by Healthy People 2020 (exhibit 1) include coronary heart disease, cancer, diabetes, stroke, chronic obstructive pulmonary disease (COPD), unintentional injury, and suicide. We analyzed age-adjusted death rates for the seven major causes of death in urban and rural areas using data from the National Vital Statistics System. Nationally, urban areas had met or exceeded the national targets for three of the seven major causes of death (coronary heart disease, cancer, and diabetes related) as of 2017, while rural areas had met none of the targets.

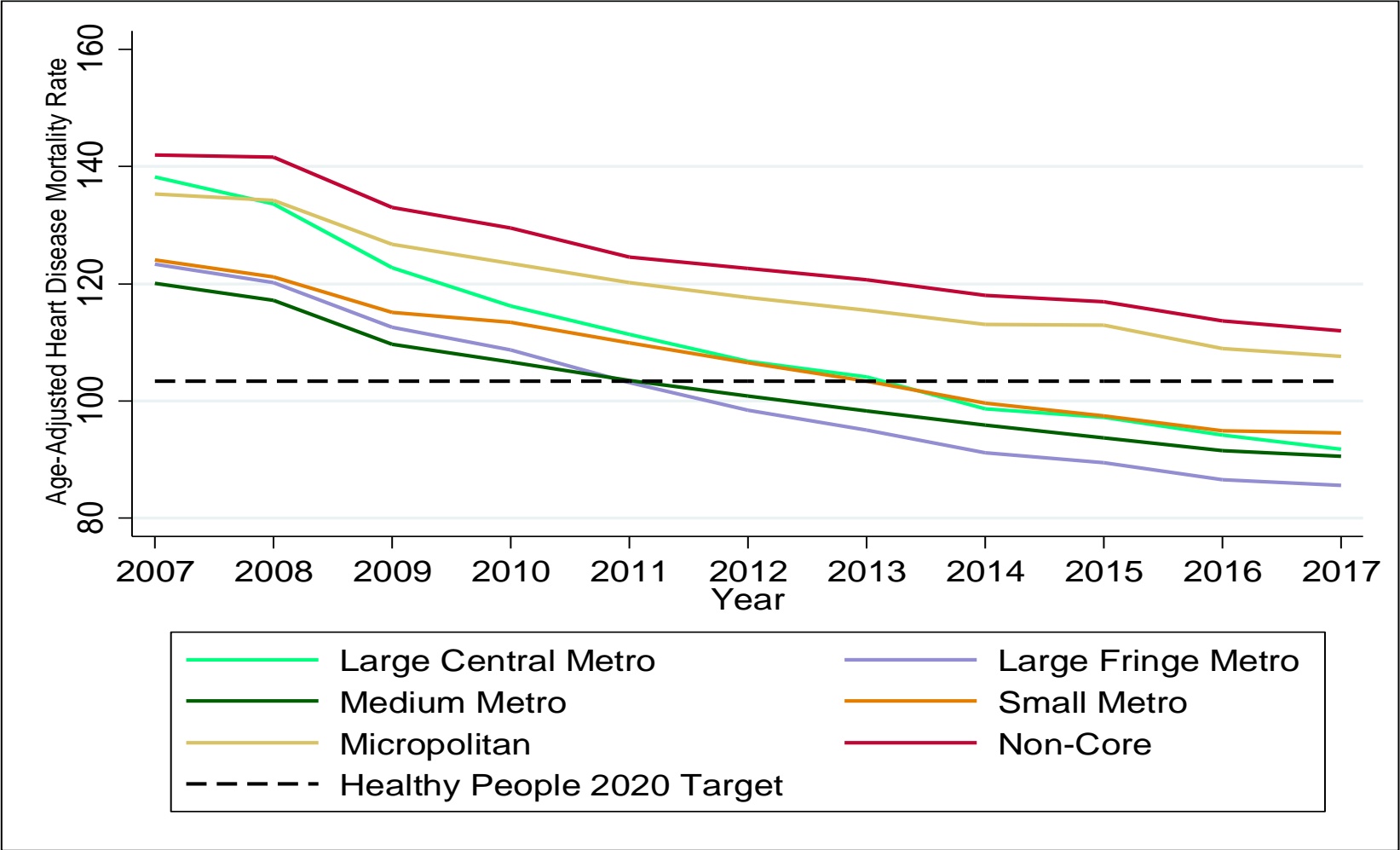
Sirin Yaemsiri is a senior statistician at the US Government Accountability Office, in Washington, D.C. She was a statistician in the Division of Analysis and Epidemiology, National Center for Health Statistics (NCHS), in Hyattsville, Maryland, at the time this work was conducted.

Johanna M. Alfier (mpc3@cdc.gov) is a statistician in the Division of Analysis and Epidemiology, NCHS.

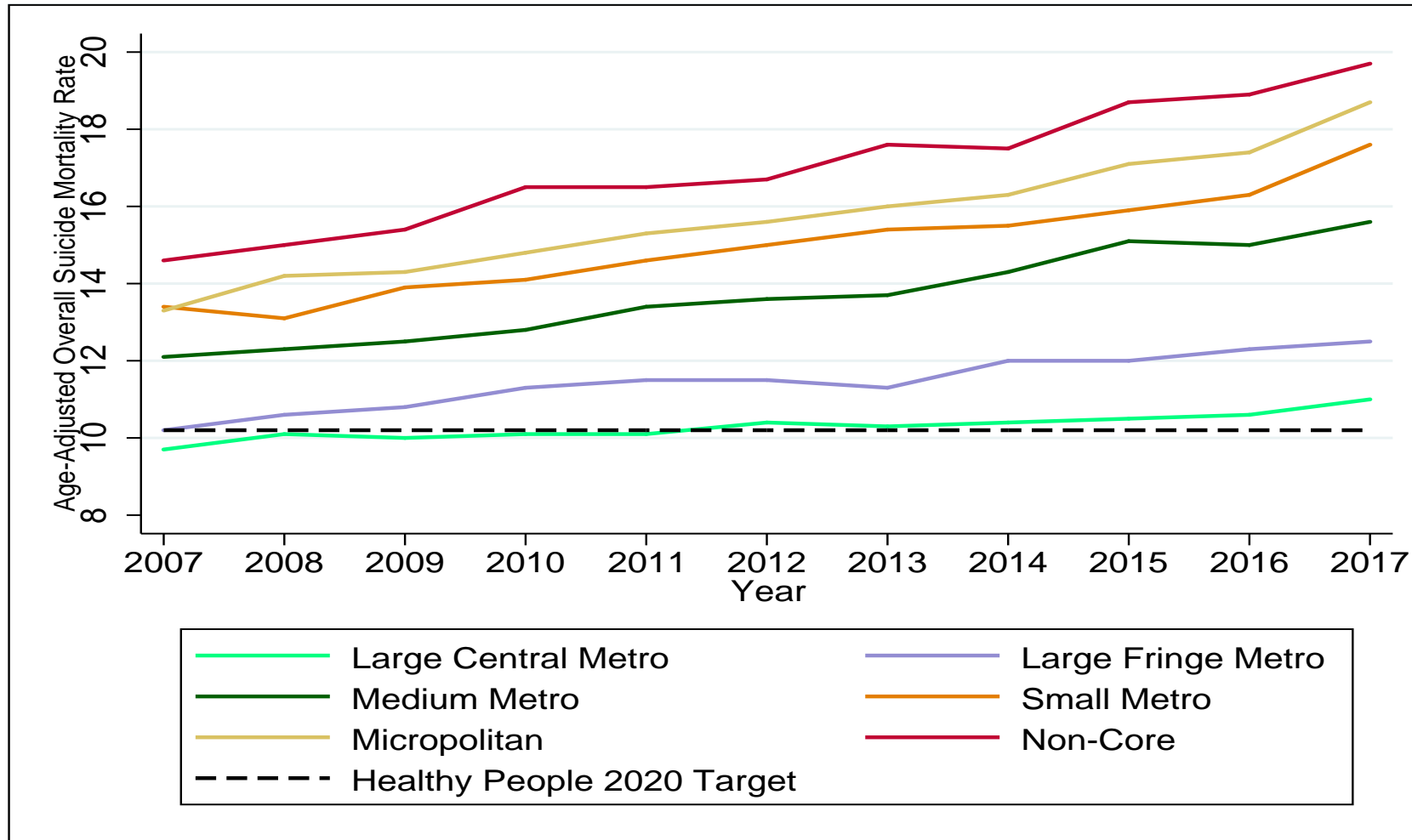
Overall Age Adjusted Diabetes Deaths by Year



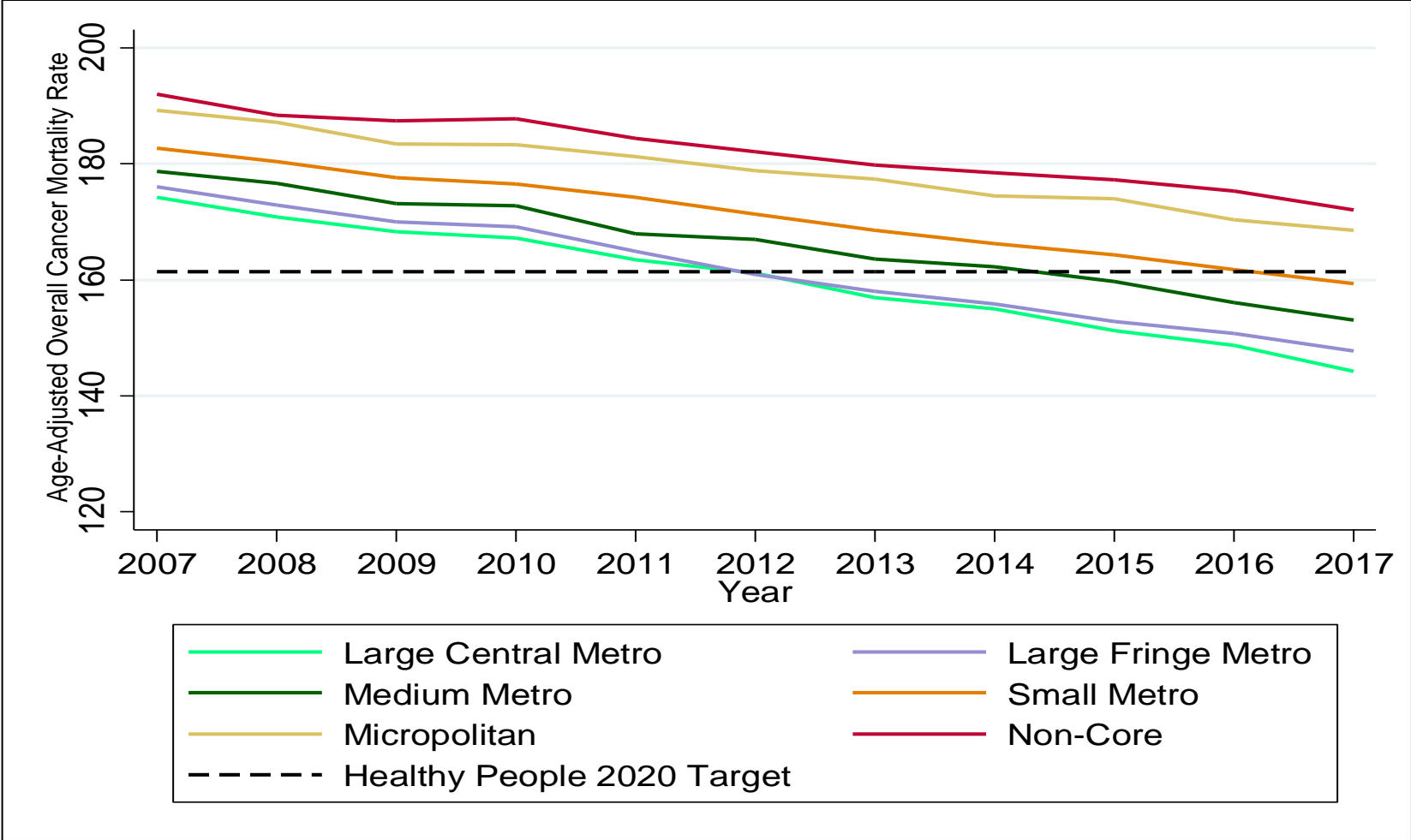
Overall Age Adjusted Heart Disease Deaths by Year



Overall Age Adjusted Suicide Deaths by Year



Overall Age Adjusted Cancer Deaths by Year



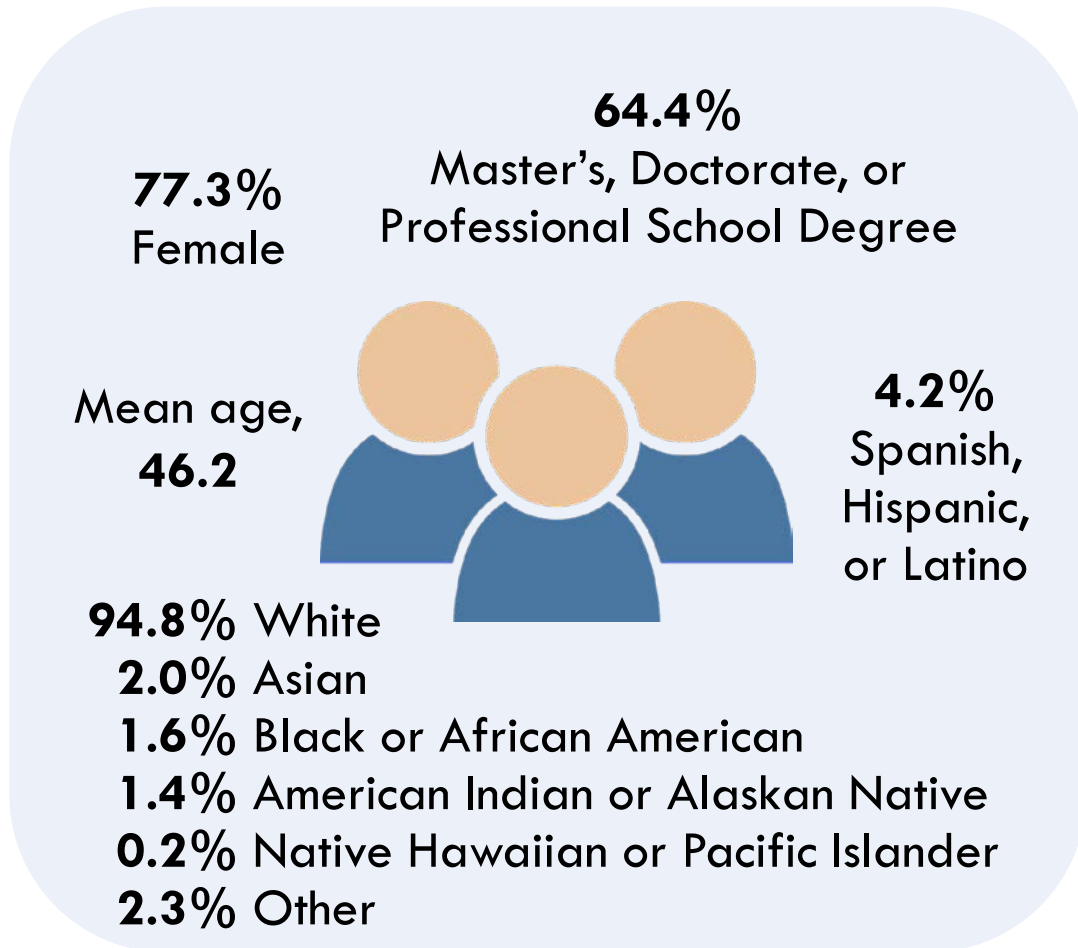
Rural Healthy People 2030

- Newest iteration of Rural Healthy People
- Survey fielded from July 12, 2021 – February 14, 2022
- Rural stakeholders: individuals who work to improve the lives and health of rural Americans
- Approximately 1300 rural stakeholders weighed in on their top 10 Healthy People priorities for rural America
- Survey starts with Healthy People objectives; we also include lots of new research questions

Survey Administration

- Snowball sampling – participants suggest other participants
- Emails to all who have previously downloaded RHP 2020
- Partnerships with relevant organizations
 - National Rural Health Association (NRHA)
 - The American Hospital Association (AHA)
 - Federal Office of Rural Health Policy (FORHP)
 - National Organization of State Offices of Rural Health (NOSORH)
 - The Centers for Disease Control and Prevention (CDC)
 - United States Department of Agriculture (USDA)
 - National Association of Rural Health Clinics (NARHC)
 - Catholic Health Associates
 - National Association of County and City Health Officials (NACCHO)
 - State Office of Rural Health (SORH) program officers

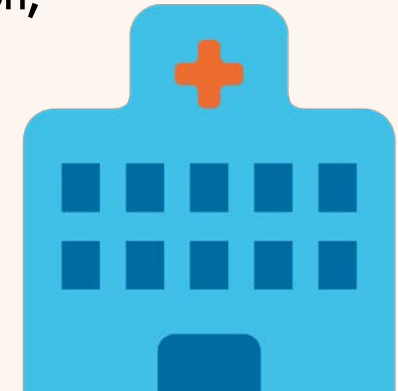
RHP 2030 Sample Demographics



Participation from Numerous Sectors

Ex.) Healthcare, Education,
Human Services, Media,
and Housing

~51%
Work within a
Rural Health Clinic or
Rural Hospital



>100 Professions

Other (22.8%), Health Care Administrator
(20.7%), Nurse (11.7%), Health Educator
(6.3%), Physician (6.1%), Researcher (5.0%),
University Professor (4.5%), etc.

Number of RHP 2030 Responses by State and Census Region

(n= 993 not missing / 1,238)

States with More than 15 Responses

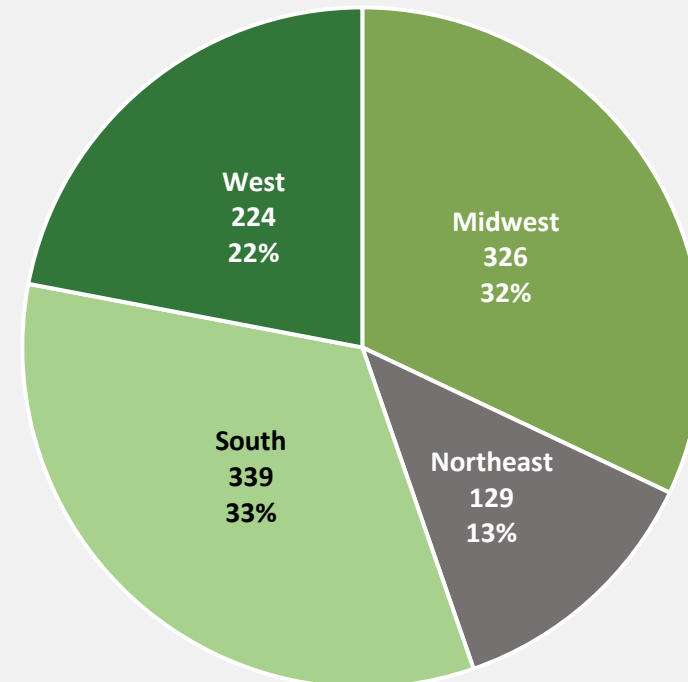
| | | | |
|----------------|----------------|----------------------------|-----------------------|
| Texas (118) | Michigan (33) | Pennsylvania (25) | Tennessee (18) |
| Iowa (46) | Missouri (33) | Vermont (25) | North Dakota (18) |
| New York (45) | Wisconsin (33) | North Carolina (22) | Ohio (17) |
| Idaho (43) | Michigan (31) | Washington (22) | Alabama (15) |
| Maryland (43) | Illinois (29) | Kansas (21) | Oklahoma (15) |
| Montana (39) | Oregon (29) | California (20) | Wyoming (15) |
| Minnesota (35) | Indiana (27) | Nebraska (18) | |

States with Fewer than 15 Responses

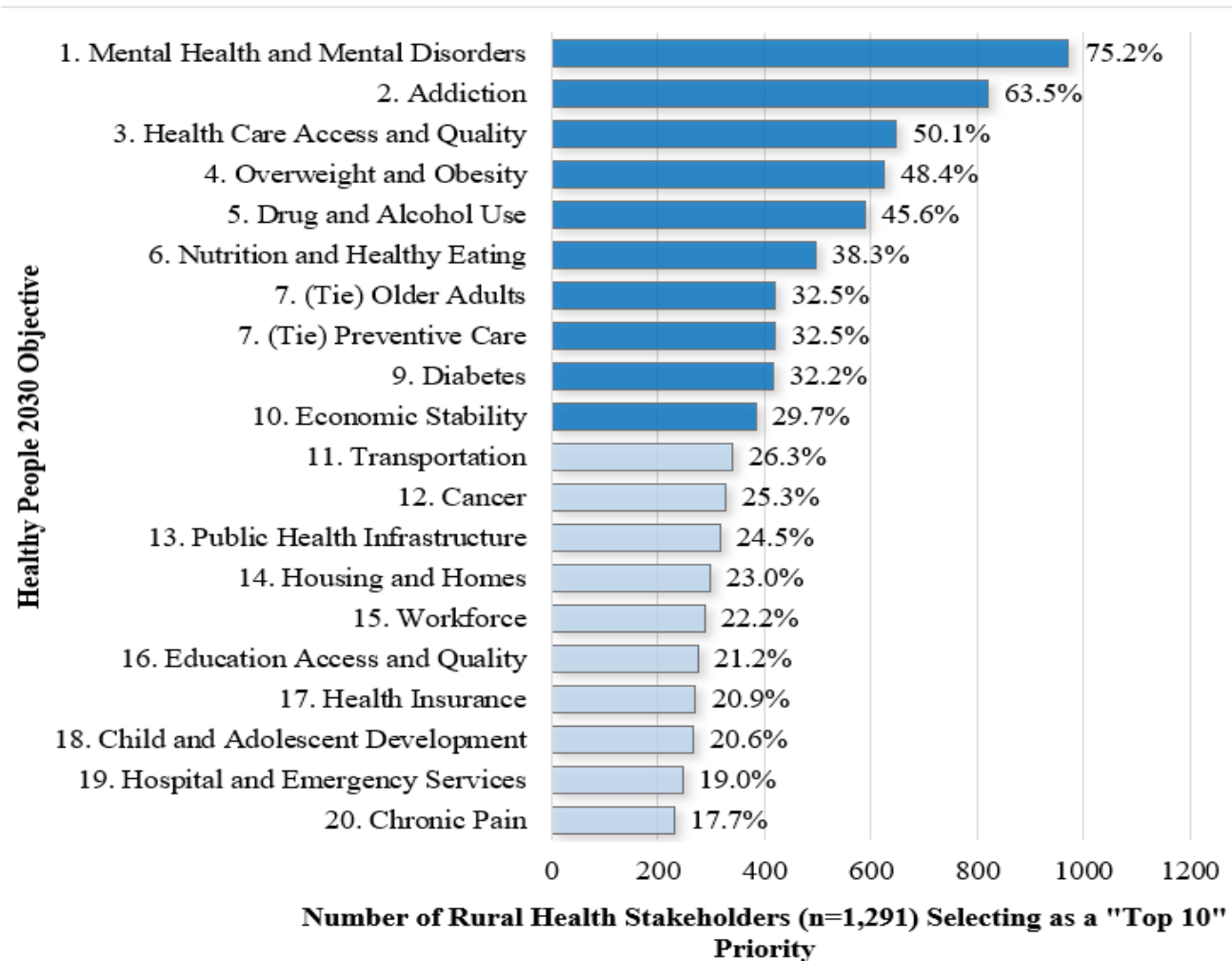
| | | | |
|---------------------------|----------------------------|------------------------|---------------------|
| Arkansas (14) | South Dakota (13) | Arizona (9) | Delaware (1) |
| Virginia (14) | Florida (12) | Mississippi (9) | Hawaii (1) |
| New Hampshire (14) | Georgia (11) | Alaska (5) | Rhode Island (1) |
| Colorado (13) | South Carolina (11) | Utah (5) | Connecticut (0) |
| Kentucky (13) | Louisiana (10) | New Jersey (5) | Washington D.C. (0) |
| West Virginia (13) | Maine (10) | Massachusetts (4) | |
| New Mexico (13) | Nevada (10) | Puerto Rico (3) | |

Note: States shown in orange text are those that we feel are currently comparatively underrepresented in our sample.

Rural Healthy People 2030 Survey Responses, By Census Region



RHP 2030 Top 20 Healthy People Priorities for Rural America (n=1,291)



Top Priorities by Region (n=1,018)

| Rural Healthy People 2030 Top 20 Priorities, Overall | | Ranking by Census Region | | | |
|---|------------------------------------|--------------------------|----------------------|------------------|-----------------|
| | | Midwest (n=326) | Northeast (n=129) | South (n=339) | West (n=224) |
| 1 | Mental Health and Mental Disorders | 1 | 1 | 1 | 1 |
| 2 | Addiction | 2 | 2 | 2 | 2 |
| 3 | Health Care Access and Quality | 3 (Tie) | 4 | 4 | 3 |
| 4 | Overweight and Obesity | 3 (Tie) | 5 | 3 | 6 (Tie) |
| 5 | Drug and Alcohol Use | 5 | 3 | 5 | 4 |
| 6 | Nutrition and Healthy Eating | 6 (Tie) | 6 | 6 (Tie) | 5 |
| 7 (Tie) | Older Adults | 10 | 8 | 9 | 6 (Tie) |
| 7 (Tie) | Preventive Care | 8 | 10 | 8 | 8 (Tie) |
| 9 | Diabetes | 11 | 12 (Tie) | 6 (Tie) | 13 |
| 10 | Economic Stability | 6 (Tie) | 9 | 10 | 11 |
| 11 | Transportation | 9 | 7 | 12 | 17 |
| 12 | Cancer | 12 | 12 (Tie) | 11 | 19 |
| 13 | Public Health Infrastructure | 14 | 12 (Tie) | 15 | 10 |
| 14 | Housing and Homes | 15 (Tie) | 11 | 17 | 8 (Tie) |
| 15 | Workforce | 13 | 16 | 21 | 11 |
| 16 | Education Access and Quality | 20 (Tie) | 15 | 13 | 15 (Tie) |
| 17 | Health Insurance | 17 | 20 (Tie) | 19 | 15 (Tie) |
| 18 | Child and Adolescent Development | 23 | 17 (Tie) | 18 | 18 |
| 19 | Hospital and Emergency Services | 19 | 17 (Tie) | 16 | 20 |
| 20 | Chronic Pain | 20 (Tie) | 34 (Tie) | 24 (Tie) | 14 |

Legend

- Priorities 1-3
- Priorities 4-10
- Priorities 11-20
- Priorities 21+

Top Priorities by State Medicaid Expansion Status (n=1,018)

| Rural Healthy People 2030 Top 20 Priorities, Overall | | Ranking by Medicaid Expansion Status | |
|---|------------------------------------|---|---------------------------|
| | | Adopted (n=720) | Not Adopted (n=298) |
| 1 | Mental Health and Mental Disorders | 1 | 1 |
| 2 | Addiction | 2 | 2 |
| 3 | Health Care Access and Quality | 3 | 3 |
| 4 | Overweight and Obesity | 4 | 4 |
| 5 | Drug and Alcohol Use | 5 | 5 |
| 6 | Nutrition and Healthy Eating | 6 | 7 |
| 7 (Tie) | Older Adults | 7 | 8 |
| 7 (Tie) | Preventive Care | 8 | 9 |
| 9 | Diabetes | 11 | 6 |
| 10 | Economic Stability | 9 | 10 |
| 11 | Transportation | 10 | 12 |
| 12 | Cancer | 13 | 11 |
| 13 | Public Health Infrastructure | 12 | 13 (Tie) |
| 14 | Housing and Homes | 14 | 13 (Tie) |
| 15 | Workforce | 15 | 15 |
| 16 | Education Access and Quality | 16 | 20 |
| 17 | Health Insurance | 17 | 16 (Tie) |
| 18 | Child and Adolescent Development | 19 | 18 |
| 19 | Hospital and Emergency Services | 18 | 16 (Tie) |
| 20 | Chronic Pain | 20 | 23 |

| Legend | |
|--|------------------|
| | Priorities 1-3 |
| | Priorities 4-10 |
| | Priorities 11-20 |
| | Priorities 21+ |

Top Priorities by Race/Ethnicity (n=930)

| Rural Healthy People 2030 Top 20 Priorities, Overall | | Ranking by Race | |
|---|------------------------------------|------------------|---------------------|
| | | White (n=867) | Non-White (n=63) |
| 1 | Mental Health and Mental Disorders | 1 | 1 |
| 2 | Addiction | 2 | 2 |
| 3 | Health Care Access and Quality | 3 | 5 |
| 4 | Overweight and Obesity | 4 | 4 |
| 5 | Drug and Alcohol Use | 5 | 9 (Tie) |
| 6 | Nutrition and Healthy Eating | 6 | 3 |
| 7 (Tie) | Older Adults | 7 | 6 |
| 7 (Tie) | Preventive Care | 9 | 7 |
| 9 | Diabetes | 10 | 8 |
| 10 | Economic Stability | 8 | 9 (Tie) |
| 11 | Transportation | 11 | 16 (Tie) |
| 12 | Cancer | 14 | 14 |
| 13 | Public Health Infrastructure | 12 | 11 (Tie) |
| 14 | Housing and Homes | 13 | 22 (Tie) |
| 15 | Workforce | 15 | 11 (Tie) |
| 16 | Education Access and Quality | 16 | 11 (Tie) |
| 17 | Health Insurance | 18 | 16 (Tie) |
| 18 | Child and Adolescent Development | 19 | 28 (Tie) |
| 19 | Hospital and Emergency Services | 17 | 22 (Tie) |
| 20 | Chronic Pain | 22 | 25 (Tie) |

| Legend | |
|--|------------------|
| | Priorities 1-3 |
| | Priorities 4-10 |
| | Priorities 11-20 |
| | Priorities 21+ |

Top Priorities by Field of Employment (n=990)

| Rural Healthy People 2030 Top 20 Priorities, Overall | | Ranking by Field of Employment | | | | |
|---|------------------------------------|--------------------------------|---|---------------------------|-----------------------------|-------------------|
| | | Education (n=129) | Govt. and Public Admin. (n=56) | Health Care (n=602) | Human Services (n=96) | Other* (n=107) |
| 1 | Mental Health and Mental Disorders | 1 | 1 | 1 | 1 | 1 |
| 2 | Addiction | 2 | 2 | 2 | 2 | 2 |
| 3 | Health Care Access and Quality | 3 | 3 | 4 | 4 | 3 |
| 4 | Overweight and Obesity | 4 | 6 | 3 | 9 | 4 |
| 5 | Drug and Alcohol Use | 5 (Tie) | 4 | 5 | 3 | 7 |
| 6 | Nutrition and Healthy Eating | 7 | 10 | 6 | 8 | 5 |
| 7 (Tie) | Older Adults | 5 (Tie) | 5 | 9 | 13 | 10 |
| 7 (Tie) | Preventive Care | 10 | 14 (Tie) | 8 | 18 (Tie) | 8 |
| 9 | Diabetes | 13 (Tie) | 16 | 7 | 38 (Tie) | 13 (Tie) |
| 10 | Economic Stability | 12 | 7 (Tie) | 10 | 6 | 9 |
| 11 | Transportation | 18 | 7 (Tie) | 11 | 7 | 15 (Tie) |
| 12 | Cancer | 11 | 18 (Tie) | 12 | 24 (Tie) | 13 (Tie) |
| 13 | Public Health Infrastructure | 8 | 7 (Tie) | 16 | 11 (Tie) | 6 |
| 14 | Housing and Homes | 15 (Tie) | 11 | 18 (Tie) | 5 | 11 (Tie) |
| 15 | Workforce | 15 (Tie) | 12 | 13 | 21 (Tie) | 11 (Tie) |
| 16 | Education Access and Quality | 9 | 27 (Tie) | 21 | 11 (Tie) | 15 (Tie) |
| 17 | Health Insurance | 17 | 20 (Tie) | 17 | 15 (Tie) | 18 (Tie) |
| 18 | Child and Adolescent Development | 13 (Tie) | 14 (Tie) | 22 (Tie) | 10 | 22 (Tie) |
| 19 | Hospital and Emergency Services | 19 | 13 | 18 (Tie) | 28 (Tie) | 21 |
| 20 | Chronic Pain | 42 (Tie) | 42 (Tie) | 14 | 28 (Tie) | 26 |

* "Other" category includes respondents who selected "Agriculture" (n=12), "Business Management and Administration" (n=16), "Housing" (n=2), or "Media" (n=1) as their field of employment, in addition to those who explicitly selected "Other" (n=76).

| Legend | |
|--|------------------|
| | Priorities 1-3 |
| | Priorities 4-10 |
| | Priorities 11-20 |
| | Priorities 21+ |

Top Priorities by Work Setting (n=801¹)

| Rural Healthy People 2030 Top 20 Priorities, Overall | | Ranking by Rural Stakeholder Organization | | | | |
|---|------------------------------------|---|--|--------------------------------------|------------------------------|---|
| | | Critical Access Hospital (n=162) | Federally Qualified Health Center (FQHC) (n=56) | Rural Health Clinic (n=281) | Rural Hospital (n=213) | Rural Public Health Agency (n=89) |
| 1 | Mental Health and Mental Disorders | 1 | 1 | 1 | 1 | 1 |
| 2 | Addiction | 2 | 2 | 2 | 2 | 2 |
| 3 | Health Care Access and Quality | 4 | 4 | 5 (Tie) | 4 | 3 |
| 4 | Overweight and Obesity | 3 | 3 | 3 | 3 | 5 |
| 5 | Drug and Alcohol Use | 5 | 7 (Tie) | 5 (Tie) | 5 | 4 |
| 6 | Nutrition and Healthy Eating | 7 | 5 | 7 (Tie) | 6 | 7 |
| 7 (Tie) | Older Adults | 10 | 9 (Tie) | 11 | 9 (Tie) | 8 |
| 7 (Tie) | Preventive Care | 6 | 11 (Tie) | 7 (Tie) | 8 | 13 (Tie) |
| 9 | Diabetes | 8 | 11 (Tie) | 4 | 7 | 10 (Tie) |
| 10 | Economic Stability | 9 | 6 | 15 (Tie) | 12 | 12 |
| 11 | Transportation | 11 | 11 (Tie) | 12 (Tie) | 9 (Tie) | 10 (Tie) |
| 12 | Cancer | 12 | 29 (Tie) | 10 | 11 | 20 |
| 13 | Public Health Infrastructure | 18 (Tie) | 17 (Tie) | 20 (Tie) | 26 (Tie) | 6 |
| 14 | Housing and Homes | 20 | 9 (Tie) | 28 | 18 | 9 |
| 15 | Workforce | 13 (Tie) | 7 (Tie) | 22 | 13 | 16 |
| 16 | Education Access and Quality | 23 | 20 | 25 (Tie) | 15 (Tie) | 21 (Tie) |
| 17 | Health Insurance | 16 (Tie) | 17 (Tie) | 12 (Tie) | 15 (Tie) | 26 (Tie) |
| 18 | Child and Adolescent Development | 21 (Tie) | 21 (Tie) | 17 | 20 | 13 (Tie) |
| 19 | Hospital and Emergency Services | 13 (Tie) | 25 (Tie) | 20 (Tie) | 14 | 29 (Tie) |
| 20 | Chronic Pain | 15 | 25 (Tie) | 9 | 15 (Tie) | 19 |

| Legend | |
|--|------------------|
| | Priorities 1-3 |
| | Priorities 4-10 |
| | Priorities 11-20 |
| | Priorities 21+ |

¹We received 953 responses to the question, “Please indicate if you work in any of the following settings”. However, just 5 of the 14 response options are shown here, both to protect respondents’ privacy and for brevity.

Ranked Priorities

- Respondents were also asked to rank their HP priorities in terms of importance for rural America
 - 1st choices were assigned 3 points, 2nd choices were assigned 2 points, 3rd choices given 1 point
 - The total number of points given to each priority were used to create an overall ranking
- “Health Care Access and Quality” was most frequently ranked first (20.9%)
- “Mental Health and Mental Disorders” was most frequently ranked second and third (12.5% and 10.6%, respectively)

1.) Health Care Access and Quality

2.) Mental Health and Mental Disorders

3.) Addiction

4.) Overweight and Obesity

5.) Economic Stability

6.) Drug and Alcohol Use

7.) Workforce

8.) Preventive Care

9.) Diabetes

10.) Nutrition and Healthy Eating

RHP 2030 Key Take-Aways

- For the third decade in a row, RHP survey respondents are ranking **access to health care as the number one public health priority** for rural America
- Selected priorities are **often but not always consistent across census regions, demographics, or industries**
- Both overall and across all census regions, more respondents are including “Mental Health and Mental Disorders” and “Addiction” in their list of top 10 public health priorities, than access to health care
- While **health access remains a highly concerning** issue in many rural areas, **mental health and substance use disorders** have become even more **ubiquitous**

Exciting News – The Rural Healthy People 2030 Volume is Live!

- <https://srhrc.tamu.edu>
- Free to download
- Hard copies can be requested on January 24th, 2024 (check for a request button on our website or email Natasha Johnson at nyjohnson@tamu.edu)
- Follow us on X (formerly Twitter): [@SouthwestRHRC](https://twitter.com/SouthwestRHRC)
- Feel free to share on your social media platforms!



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Rural Healthy People 2030 Represents a Team Effort

- 20 total chapters and research teams
- Extensive searches of peer-reviewed and grey literature published over the last decade
- Over 65 authors on chapters representing universities including Texas A&M, Boston University, University of Central Florida, East Carolina University, University of Alabama Birmingham, and University of South Carolina
- Subject matter experts contributed to each chapter
- Authors represented various fields including public health, nursing, medicine, education and human development, and political science

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